



## Harvest of the Month

# CAULIFLOWER

### Nutrition Information

- Excellent source of vitamin C and potassium.
- Contains folate, vitamin K, and dietary fiber.

### Selection and Storage

- Choose heads that are firm, compact with no brown spots or blemishes. Leaves should be fresh and green.
- Store cauliflower in a loose or perforated plastic bag in the refrigerator for up to 3-5 days.
- For longer storage, blanch and freeze cauliflower in airtight containers for up to 8-12 months.

### Fun Facts

- Cauliflower is believed to have originated in the Mediterranean region near present-day Turkey and spread to India and Europe.
- Fresh cauliflower is available year-round but is typically in season locally from May through December in Washington.
- While white cauliflower is most common, it also comes in green, yellow, orange, and purple.
- When you eat cauliflower, you're eating a flower that hasn't bloomed yet!
- Cauliflower has been studied by NASA for potential growth in space due to its high nutritional value and the ability to grow in controlled environments.



## Recipes

- [Fish and Veggie Packets – ICN](#)
- [Corn, Potato, and Cauliflower Soup](#)
- [Bellingham School District’s Chickpea Masala – ICN](#)
- [Roasted Cauliflower with Turmeric - Vermont FEED](#)
- [Sautéed Tempeh with Vegetables - ICN](#)
- [Macaroni and Cheese - ICN](#)
- [Baked Cauliflower Tots – Food Hero](#)



## Educational Resources

- Food Hero has many nutrition education resources available to support your Harvest of the month. Check out their resources for Cauliflower that include: [Cauliflower Basics Information Sheet \(Spanish\)](#), [Cauliflower Coloring Sheet \(Spanish\)](#) and [Fun with Cauliflower activity](#)
- [Harvest For Healthy Kids](#) has fantastic activity kits for a variety of produce items including Cauliflower. Activity kits include activity plans, picture cards in, teacher & family newsletters in English, Spanish and Russian, as well as recipes.
- [Seeds to Success Classroom Connections – Cauliflower](#)
- Montana Harvest of the Month - Cauliflower: [Harvest at Home](#), [ECE Classroom Bites](#), and [ECE Kitchen Bites](#)

**For more ideas about what items you could feature as a Harvest of the month, visit [WSDA’s Washington Grown Food & Recipe Kit](#) and [USDA’s Seasonal Produce Guide](#).**